

## ABSTRACT OF THE INVENTION

An office chair armrest includes a support rod, a base, a locating seat, a mounting seat and an upper cover, wherein the base has a chamber having at least one guide rail each provided with engagement  
5 grooves; the locating seat has a recess having engagement grooves and at least one engagement block for engaging in one of the engagement grooves of the base by means of resilience of a spring; the mounting seat has at least one engagement block for engaging in one of the engagement grooves of the locating seat by means of resilience of a  
10 spring, thereby enabling the office chair armrest to be adjusted to move forward, backward, leftward or rightward by a user himself according to his own need to be in a proper position or at a proper angle that is comfortable for his arm to be rested on.

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